

## MENTAL HEALTH CORNER

"What do I do now?" is a common question in these times. This question may arise for problems encountered in all types of human situations. Sometimes the answers are easy. When my tooth hurts, I go to a dentist. When I have a severe fever, I go to a doctor. But what of my disobedient child, my severe depression, my shaky marriage? The "What do I do now?" appears more nebulous. The Timpanogos Community Mental Health Center is attempting to provide some of these answers through a monthly column for information dissemination and the advocacy of sound mental health practices.

Our format will be that of a dialogue between Mrs. Q and Dr. Peine, Staff Psychologist at the Timpanogos Community Mental Health Center.

Mrs. Q.: Dr. Peine, I am experiencing some difficulty in my marriage and in managing some of my children. I have heard something about mental health services but I certainly haven't seen any signs up in my town. What in the world do you mean by mental health services?

Dr. Peine: Mrs. Q., let me first characterize community mental health as being an attitude on the part of the community toward a strong responsibility for the prevention and treatment of problems in human behavior. It's a concern for dealing with individuals within their own environments rather than within the confines of an institution. Your community falls within the catchment area of the Timpanogos Community

Mental Health Center. This center was established in the late 1960's to serve the needs of approximately 19,000 preschool children and 45,000 children ages 5-18. Any person characterized as having "mental," "emotional," or "behaviorial" problems may be seen and treated. An approximate staff of 50 social workers, psychologists, psychiatrists, licensed practical nurses, etc., provide a variety of services. These include crisis intervention, inpatient day care, supportive care, consultation and other supportive services. Problem situations treated include alcohol and drug problems, marriage and family problems, and learning difficulties. Referrals for institutionalization are also channeled through the center. The center is located at 1161 East 300 North, Provo, Utah.

Mrs. Q.: But it is difficult for me to get to Provo. What can you do for me here?

Dr. Peine: Before I explain what we might be able to do for you here, Mrs. Q., let me first remind you that there are a great many professionals available within your own community to help with many types of problems. Often the county nurse, school counselor, or a bishop can advise and counsel wisely for many of those day-to-day problems that so often get you down. Summit and Wasatch Counties have also contracted for psychological consultation. Grover Jensen, social worker, and myself, Dr. Hermann Peine, visit the area each Thursday. Mr. Jensen consults for adult problems

while I place emphasis on youth and family and youth problems. The following people are the contact individuals for each of the following cities:

Heber—Public Health Department, (Maren Durtschi, Public Health Nurse and Nelda Duke, Secretary) for Adults. For Youth, Ed Lauritzen, (School Psychologist & Counselor).

Kamas—Antoine Powell, (School Counselor) or Shirley Jorgensen, Public Health Nurse for Adults. For Youth, Antoine Powell, (School Counselor).

Coalville—Rulon Judd, (School Counselor) for Adults. For Youth, Rulon Judd (School Counselor).

Park City—Don Pinnock (School Counselor) or Rose Bigelow, Public Health Nurse for Adults. For Youth Don Pinnock (School Counselor) or John Elwell, (Elementary School Principal).

If appropriate, these individuals will set up a meeting. This screening will tell if direct services are necessary.

Mrs. Q.: This sounds good to me, but can I afford it?

Dr. Peine: Any consultative or screening service is considered part of the contracted services of the county. Only when direct services are provided is there a charge based on a sliding scale. This scale is dependent on annual income and number of dependents and may range from \$0 to \$20 per hour. It should also be remembered that many medical insurances provide some coverage under major medical. This information can be provided by calling the Mental Health Center.

Mrs. Q.: I feel supportive of the notion of using what is available in my own community in working with my own children, however, my personal marriage situation needs immediate, in-depth attention. I

feel embarrassed to go through the local people since they are my neighbors. Can I go to the Mental Health Center directly?

Dr. Peine: Yes, you can. In fact, the crisis intervention line is always open and direct. Immediate crisis intervention is available by calling 1-373-7393.

Mrs. Q.: Well, I can only say that after our brief discussion, I am much more relaxed about seeking your services. I think that many of my friends should also know that such help is available.

Dr. Peine: I'll bet you didn't know that one of our staff is available to speak to large groups about mental health and mental health services.

Mrs. Q.: Gee, that sounds great, is there anything else you are going to provide for us?

Dr. Peine: As a matter of fact, I would like to provide answers to many of your questions. Perhaps on a monthly basis you could have your friends write directly to me at the Timpanogos Community Mental Health Center, 1161 East 300 North, Provo, Utah 84601. I will try to answer as many of these as possible next month. Of course, all such contacts will remain confidential. I see good prognosis for many of the types of problems which prevent people from having a more functional and useful life. It's been good to speak with you Mrs. Q.

## Attends Workshop

Maren Durtschi, Community Health Nurse, has attended a one and one half day workshop at the College of Nursing at the University of Utah. It was concerned with Sudden Infant Death Syndrome, a disease which strikes infants suddenly with no apparent cause. The shock of such an experience is so great for the family that a state-wide program has been developed whereby Community Health Nurses are taught to give counseling help to them.

SIDS causes 8-10,000 infant deaths in the United States annually. Some parents have, in the past, been told that their baby suffocated and some even were made to feel guilty. These babies do not suffocate nor do they choke. Many theories have been suggested but all have been disproven so far.